



# Kid Care CHIP

## NEWSLETTER

Wyoming's Choice for Healthy Kids

### Sun Protection for Children

Sun protection should begin in infancy and continue throughout life. It is estimated about 80 percent of our total lifetime sun exposure is in the first 18 years of life. Prevention in childhood is very important to prevent skin cancer later in life.

#### How can I Protect My Children From the Sun?

- A=AWAY. Stay away from the sun in the middle of the day.

- B=BLOCK-Use SPF 15 or higher sunscreen.
- C=COVER UP-Wear a T-shirt and a hat.
- S=SPEAK OUT-Talk to family and friends about sun protection.

#### What should be avoided?

Stay away from the mid day sun and its intense rays. Schedule play times and out door activities before 10:00 A.M. and after 4:00 P.M.

Avoid long periods of direct sun exposure. Sit or play in the shade,

especially avoid getting a sunburn.

#### How can sun damage be blocked?

Block sun damage by applying a sunscreen lotion with a SPF 15 or higher and reapply every two hours even on cloudy days. If swimming or participating in intense physical activity, sunscreen may need to be applied more often.

#### How can clothing be used for sun protection?

Cover up with a hat and light colored clothing when outdoors.

Summer

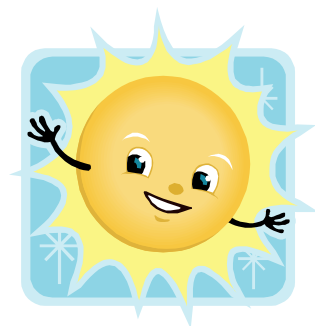
July 2007

☺ [What's new with Kid Care CHIP](#)

☺ [Sun Protection for Children](#)

☺ [Dental Sealants Fight Cavities](#)

☺ [Benefit Changes to Kid Care CHIP](#)



### Dental Sealants Fight Cavities

With the right tools, cavities are almost entirely preventable. Yet cavities remain the single most common chronic childhood disease-five times more common than asthma. As one tool in the fight against

cavities, dental sealants are both cost effective and health effective. Applied by a dentist, dental sealants fill the grooves and pits of permanent teeth, usually without drilling. Sealants

protect teeth by forming a mechanical barrier against the harmful bacteria that can cause tooth decay. Sealants have been shown to reduce the need for fillings by about 72 percent.



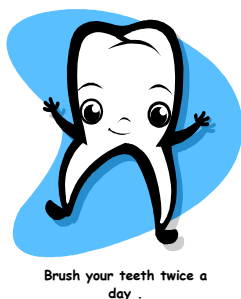
Wyoming  
Department  
of Health

Commit to your health.

## Continue Dental Sealants pg. 1

To protect children from tooth decay, Delta Dental encourages the use of sealants on molars for children.

Sealants generally stop the need for the first filling on permanent teeth, which avoids the need for subsequent filling replacements, thus lowering the overall occurrence of cavities and improving the patient's quality of life.



- If you haven't taken your child in for a dental visit in the last 6 months, now is a great time to do so. Call your dentist to schedule a visit today!
- Your dental benefit year starts again on July 1.
- If you need assistance in finding a dentist in your local community, contact Delta Dental at 1-800-735-3379 or Kid Care CHIP at 1-877-543-7669.

## Benefit Changes to Kid Care CHIP Beginning 7/1/07

### Dental (this change was effective 4/1/07):

Each child will continue to receive \$1,000 per benefit year (July to June of each year).

Exams, cleanings, fluoride, space maintainers, sealants and x-rays will now only be limited to how many times a child can have them done in a given time frame and are not included in the child's \$1,000 yearly benefit maximum.

Children will also be able to receive two fluoride treatments per benefit year instead of just one.

### What does this mean?

This means that your child(ren) will still receive all the same dental benefits, you won't have to worry about whether they can have a cleaning or not. All children will have the opportunity to receive two cleanings a year (every 6 months) whether or not they have used up their \$1,000.

### Vision:

Contact lenses will be covered up to \$100 per benefit year-if the cost of the contacts is more than \$100 families will be responsible for any additional cost. Children may only have glasses OR contacts. The program will not pay for both.

### What does this mean?

This means that Kid Care CHIP will begin to pay for glasses or contacts up to \$100 per year. Currently, we only pay for glasses. Remember, we will only pay for one or the other, we will not pay for both contacts and glasses. **\*\*If your child's prescription changes during your benefit year then we will pay for new lens or contacts within the benefit year-up to \$100.**



### Lifetime Maximum:

The lifetime maximum benefit per insured child is \$1 million. If a child is removed from the program for eligibility reasons and at a later date reapplies and is found eligible, the total amount of benefits previously paid will be added to any additional benefits utilized during their new eligibility period. If a child reaches their lifetime maximum, they will be removed from the program at the end of that month. If they reapply again at a later date they will not be eligible since they have met their lifetime maximum on benefits.

If you have questions about your child's lifetime maximum please call Blue Cross Blue Shield of Wyoming at 1-800-209-9720.

## Reminders:

### Important information about your child's Dental Cards

When your child is enrolled in Kid Care CHIP you will receive a packet from Blue Cross Blue Shield. In the packet is the *Delta Dental Card* for your child's dental services. Each time your child goes to the dentist show this card so the dentist knows who to bill for the services your child receives.

### Before your child receives dental services

Be sure to ask your dentist or Delta Dental if your child has reached the \$1,000 limit per benefit year. This must be done before any nonpreventive dental services are done on your child. If your child exceeds the \$1,000 benefit you will be responsible for any charges to your dentist.

Your dentist may contact Delta Dental for predetermination or preauthorization.

### Jell-O Homemade Pudding Pops

2 cups cold 2 % milk

1 pkg. (4 -serving size) Jell-O Instant Pudding & Pie Filling, any flavor

Pour cold milk into medium bowl. Add pudding mix. Beat with wire whisk 2 minutes. Spoon into 6 -(5 oz paper or plastic cups. Insert wooden pop stick or plastic spoon into each for handle.

Freeze 5 hours or until firm. To remove pop from cup, place bottom of cup under warm running water for 15 seconds. Press firmly on bottom of cup to release pop. (Do not twist or pull pop stick.) Store leftover pops in freezer.

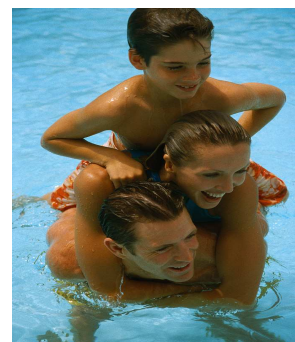


## Parents Corner:

### Wyoming has 3 free health clinics in the state that can help parents stay healthy:

#### Cheyenne Free Clinic

3100 Henderson Dr.  
Cheyenne, WY 82001  
(307) 638-6842  
[cheyclinic@lonetree.com](mailto:cheyclinic@lonetree.com)



#### Jackson Free Clinic

Family Practice Associates  
557 E. Broadway  
Jackson, WY 83001  
[tetonfreelinic@tetonhospital.org](mailto:tetonfreelinic@tetonhospital.org)

#### Laramie Downtown Clinic

611 S 2nd St  
Laramie, WY 82070  
[downtownclinic@cs.com](mailto:downtownclinic@cs.com)

### There are also 2 Community Health Centers:

- Cheyenne Health & Wellness Center  
2508 E. Fox Farm Rd, # 1  
Cheyenne, WY 82007  
(307) 635-3618  
<http://www.cheyennehealth.org>  
Hours of operation:  
Monday, Tuesday, Friday 8:30 am to 5pm  
Wednesday and Thursday 11 am to 7 pm
- Community Health Center of Central WY, Inc.  
1522 East "A" Street  
Casper WY 82601  
(307) 233-6000  
<http://www.chccw.org>  
Hours of operation:  
Monday through Thursday 8 am to 7 pm  
Fridays 8 am to 5 pm

Would you like to receive the Kid Care CHIP newsletter by email?  
If so, please send your email address to :  
[kidcare@state.wy.us](mailto:kidcare@state.wy.us) or call 1-877-543-7669



Wyoming  
Department  
of Health



Office of HealthCare Financing  
Children's Health Insurance Program  
6101 Yellowstone Rd, Ste 210  
Cheyenne, Wyoming 82002

Phone: 1-877-KIDSNOW (543-7669)  
Fax: 307-777-7085  
E-mail: [kidcare@state.wy.us](mailto:kidcare@state.wy.us)  
Web: <http://kidcare.state.wy.us>

**SUMMER 2007**

Commit to  
your health.



**BlueCross BlueShield  
of Wyoming**

An independent licensee of the Blue Cross  
and Blue Shield Association



Delta Dental of Wyoming

## Kid Care CHIP is Having a Coloring/Drawing Contest

### Contest Rules

All children who are on the program are eligible to enter. The theme is **Healthy Kids in Wyoming**.

The winning drawing will be used on Marketing Materials for the Kid Care CHIP program.

Children are encouraged to draw a picture on the enclosed piece of paper, about how they stay healthy in Wyoming. (Examples would be kids and healthy foods, exercise, brushing teeth, eye exam, etc.) (If you have more than one child contact our office and we will send you additional pages or you may use your own paper, however you must include all the additional information about your child). One entry per child, but multiple children per household allowed.

- The child must be under the age of 19.
- Pictures can be drawn in crayons, magic markers, pen, colored pencils (no water colors or pencils).
- Submitted entries, signed by the parent or guardian, become the property of Kid Care CHIP to do with as they wish.
- Contest entry must be submitted by parent or guardian 18 years of age or older.
- Entry must be postmarked no later than July 20, 2007.
- Must be the child's actual work
- This will be divided into age groups: 3-5, 6-8, 9-12 and 13-19.
- The winner in each group will

receive a Kid Care CHIP T-Shirt with their drawing on it along with a certificate recognizing their achievement.

- Winners will be notified by phone or mail on or after August 10th, 2007. Prizes will be mailed shortly there after.

Remember: Entries need to be postmarked no later than 7/20/2007 to :

Kid Care CHIP  
COLORING CONTEST  
6101 Yellowstone Rd, Suite 210  
Cheyenne WY 82002

If you have any questions please contact Diana Cook at 1-877-543-7669.

**GOOD LUCK**